

# IT'S OK TO SAY

England & Wales · Charity number 1188134

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-02-24

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 58 St Peters St  
St. Albans  
Hertfordshire  
AL1 3HG

**Phone** 01727863209

**Email** [support@itsoktosay.org.uk](mailto:support@itsoktosay.org.uk)

**Website** <http://www.itsoktosay.org.uk/>

## Activities

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**Objects:** TO RELIEF THE NEED OF THOSE SUFFERING FROM OR AT RISK OF SUFFERING FROM ISSUES SURROUNDING MENTAL HEALTH THROUGH THE PROVISION OF IN PARTICULAR BUT NOT EXCLUSIVELY SUPPORT, WORKSHOPS AND A REFERRAL SERVICE.

**Activities:** The charity highlights that It is OK to ask to reach out and ask for help every day and via various campaigns, the press and events. The charity offers psychological services on a 1-1 and group basis. The charity also signposts people to the correct support they need if needed.

## Classification

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- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£6,468	£6,468	-	-
2024-04-05	£0	£6,375	-	-
2023-04-05	£16,372	£15,125	-	-
2022-04-05	£0	£0	-	-
2021-04-05	£0	£0	-	-

## Trustees

Name	Role	Appointed
Stacey Turner	Chair	2020-02-01
Dr Phillippa Smith		2020-02-01
Dr Rebecca Adlington		2020-02-01
Jonathan Turner		2023-11-03
Matt Adams		2020-02-24

**IT'S OK TO SAY**

England & Wales - Charity number 1188134

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# Accounts

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		Income & Expenditure			
		Month	Apr-24	May-24	Jun-24
		<b>Opening balance</b>	0	0	0
Revenue		Income 1 (Private investor)	539	539	539
		Income 2	0	0	0
		Income 3	0	0	0
		Income 4	0	0	0
		<b>Total</b>	<b>539</b>	<b>539</b>	<b>539</b>
Overheads		Rent	500	500	500
		Phones	0	0	0
		Tea and coffee	0	0	0
		Maintenance	0	0	0
		Office set up	0	0	0
		Counselling services	COMP	COMP	COMP
		Stationary	0	0	0
		Insurance	39	39	39
		Staff	0	0	0
		<b>Total Costs</b>	<b>539</b>	<b>539</b>	<b>539</b>
		Closing Balance	0	0	0

Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan - 25	Feb-25	Mar-25
0	0	0	0	0	0	0	0	0
539	539	539	539	539	539	539	539	539
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>
500	500	500	500	500	500	500	500	500
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP
0	0	0	0	0	0	0	0	0
39	39	39	39	39	39	39	39	39
0	0	0	0	0	0	0	0	0
<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>	<b>539</b>
<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

<b>Apr-25</b>	Total
0	0
539	6,468
0	0
0	0
0	0
<b>539</b>	<b>6,468</b>
500	6,500
0	0
0	0
0	0
0	0
COMP	0
0	0
39	468
0	0
<b>539</b>	<b>6,468</b>
<b>0</b>	<b>0</b>



## Trustees' Annual Report for the period

From April 2024      Period start date To April 2025  
Period end date

**Charity name:** It's OK To Say

**Charity registration number:** 1188134

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>Objects</b> To relief the need of those suffering from or at risk of suffering from issues surrounding mental health through the provision of in particular but not exclusively support, workshops and a referral service.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	It's OK To Say has provided counselling, support groups, workshops and an awareness and signposting service for public benefit. It's OK To Say has gone above and beyond to work through an ever growing waiting list for therapeutic support.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm the trustees have had regard to the guidance issued.

### Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The main achievements of the charity since coming further out of the Covid19 pandemic are:</p> <ul style="list-style-type: none"> <li>-Building our online support network</li> <li>-Offering more online counselling and support via Telehealth using Clinico.</li> <li>-Offering in person counselling &amp; referral services.</li> <li>-Sponsored workshops and support groups.</li> <li>-Introduced a new advocacy service alongside the Citizens Advice Bureau.</li> </ul> <p>The difference our achievements have made to beneficiaries and the wider community is something we are extremely proud of, providing hope, promoting greater wellbeing and relief from depression, anxiety and other mental health conditions.</p> <p>We also know that by providing space for people to come along and be, we provide comfort.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	We have slowly started planning future events. This is an area that will grow as we continue to grow and progress.
Investment performance against objectives	Para 1.41	N/A
Other		-

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	As we move further away from the Covid19 pandemic, we are applying for and attracting further funding, although this is taking time. We are also still in our infancy, yet growing rapidly, even if our finances don't reflect this due to our sponsorship and skills offered.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	None.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties to report, as we still consider ourselves to be in it's infancy and impacted by the Covid19 pandemic.

### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	For this financial year, we have placed great importance on learning more about the ever-changing landscape of the charity sector. We have taken time to assess what our community wants from us, so we are not duplicating services. Our principal funding source has been Hertfordshire County Council and we still look forward to expanding on this. We are only just covering our overheads thanks again to skills offered and local support. We hope to achieve more consistent funding in 2026 and moving forwards.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We continue to assess risk as we move further out of the pandemic.
Other		

## Structure, Governance and Management

Description of charity's		It's OK To Say has no official trusts as yet.
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Our governing document has been adapted from the Charity Commissions official template. It is due for review in the next financial year.
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustee selection methods are balanced between skill and life experience. All prospective trustees are asked to submit an application, provide or apply for an enhanced DBS and be voted in by the existing board members confirming allegiance to It's OK To Say.

### Additional information (optional)

You may choose to include further statements where relevant about:

### Reference and Administrative details

Charity name	It's OK To Say
Other name the charity uses	N/A
Registered charity number	1188134
Charity's principal address	58 St Peter's St, St Albans, AL1 3HG
Trustees	Our trustees remain the same and have been kept updated on our official file. We look forward to expanding our board of trustees.

### Other optional information

**We consider ourselves extremely lucky to have survived, as without skills offered and private investment, we would have gone under. We hope the 2024-2025 period will bring further success so we can continue helping more and more people. Since inception, we have helped over 80,000 people of all ages. Imagine what we could do with reoccurring funding streams.**

### Declarations

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

Signature(s)

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**Full name(s)** Stacey Turner

**Position (eg Secretary, Chair, etc)** Founding CEO

**Date** 03/02/25

**IT'S OK TO SAY**

England & Wales - Charity number 1188134

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# Accounts

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Income & Expenditure																
Month		Apr-23	May-23	Jun-23	Jul-23	Aug-23	01/09/2023	Oct-23	Nov-23	Dec-23	Jan 24	Feb-24	Mar-24	Apr-24	Total	
	<b>Opening balance</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Revenue	Income 1 (Private investor)	531	531	531	531	531	531	531	531	531	531	531	531	531	6,372	
	Income 2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Income 3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Income 4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	<b>Total</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>6,372</b>	
Overheads	Rent	500	500	500	500	500	500	500	500	500	500	500	500	500	6,500	
	Phones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Tea and coffee	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Maintenance	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Office set up	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Counselling services	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP	0	
	Stationary	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Insurance	31	31	31	31	31	31	31	31	31	31	31	31	31	375	
	Staff	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	<b>Total Costs</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>6,375</b>	
	Closing Balance	0	0	0	0	0	0	0	0	0	0	0	0	0	3	



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From April 2023      Period start date To April 2024  
Period end date

**Charity name:** It's OK To Say

**Charity registration number:** 1188134

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>Objects</b> To relief the need of those suffering from or at risk of suffering from issues surrounding mental health through the provision of in particular but not exclusively support, workshops and a referral service.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	It's OK To Say has provided counselling, support groups, workshops and a referral service for public benefit. It's OK To Say has gone above and beyond to work through an ever growing waiting list for counselling support.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm the trustees have had regard to the guidance issued.

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The main achievements of the charity since coming further out of the Covid19 pandemic are:</p> <ul style="list-style-type: none"> <li>-Building our online support network</li> <li>-Offering more online counselling and support.</li> <li>-Offering in person counselling &amp; referral services.</li> <li>-Sponsored workshops and support groups.</li> <li>-Introduced the Space &amp; Support Cafe, which is an anonymous drop in cafe for 12-17 year olds.</li> <li>-Introduced a new separation anxiety booklet and support service.</li> <li>-Introduced a new advocacy service alongside the Citizens Advice Bureau.</li> </ul> <p>The difference our achievements have made to beneficiaries and the wider community is something we are extremely proud of, providing hope, promoting greater wellbeing and relief from depression, anxiety and other mental health conditions.</p> <p>We also know that by providing space for people to come along and be, we provide comfort.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	We have slowly started planning future events. This is an area that will grow as we continue to grow and progress.
Investment performance against objectives	Para 1.41	N/A

Other		-
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## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	As we move further away from the Covid19 pandemic, we are applying for and attracting further funding. We are also still in our infancy, yet growing rapidly, even if our finances don't reflect this due to our sponsorship and skills offered.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	None.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties to report, as we still consider ourselves to be in it's infancy and impacted by the Covid19 pandemic.

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	For this financial year, we have placed great importance on learning more about the charity sector following the pandemic and pivoting with that. We have taken time to assess what our community wants from us, so we are not duplicating services. Our principal funding source has been Hertfordshire County Council and we now look forward to expanding on this. We are only just covering our overheads thanks again to skills offered and local support. We hope to achieve more consistent funding in 2025 and moving forwards.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We continue to assess risk as we move further out of the pandemic.

Other		
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## Structure, Governance and Management

Description of charity's trusts:		It's OK To Say has no official trusts as yet.
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Our governing document has been adapted from the Charity Commissions official template. It is due for review in the next financial year.
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , CIO)	Para 1.25	CIO
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### Additional information (optional)

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### Reference and Administrative details

Charity name	It's OK To Say
Other name the charity uses	N/A
Registered charity number	1188134
Charity's principal address	58 St Peter's St, St Albans, AL1 3HG
Trustees	Our trustees remain the same and have been kept updated on our official file. We look forward to expanding our board of trustees now.

### Other optional information


**We consider ourselves extremely lucky to have survived, as without skills offered and private investment, we would have gone under. We hope the 2024-2025 period will bring further success so we can continue helping more and more people. Since inception, we have helped over 80,000 people of all ages. Imagine what we could do with reoccurring funding streams.**

### Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



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<b>Full name(s)</b>	Stacey Turner	
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<b>Position (eg Secretary, Chair, etc)</b>	Founding CEO	
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<b>Date</b>	03/02/25
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**IT'S OK TO SAY**

England & Wales - Charity number 1188134

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# Accounts

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## Trustees' Annual Report for the period

From April 2022  
Period end date

Period start date To April 2023

**Charity name:** It's OK To Say

**Charity registration number:** 1188134

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>Objects</b> To relief the need of those suffering from or at risk of suffering from issues surrounding mental health through the provision of in particular but not exclusively support, workshops and a referral service.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	It's OK To Say has provided counselling, support groups, workshops and a referral service for public benefit. It's OK To Say has gone above and beyond to work through an ever growing waiting list for counselling support.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm the trustees have had regard to the guidance issued.

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The main achievements of the charity since coming further out of the Covid19 pandemic are:</p> <ul style="list-style-type: none"> <li>-Building our online support network</li> <li>-Offering more online counselling and support.</li> <li>-Offering in person counselling &amp; referral services.</li> <li>-Sponsored workshops and support groups.</li> <li>-Introduced the Space &amp; Support Cafe, which is an anonymous drop in cafe for 12-17 year olds.</li> <li>-Introduced a new separation anxiety booklet and support service.</li> </ul> <p>The difference our achievements have made to beneficiaries and the wider community is something we are extremely proud of, providing hope, promoting greater wellbeing and relief from depression, anxiety and other mental health conditions.</p> <p>We also know that by providing space for people to come along and be, we provide comfort.</p>

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Performance of fundraising activities against objectives set	Para 1.41	We have slowly started planning future events. This is an area that will grow as we continue to grow and progress.
Investment performance against objectives	Para 1.41	N/A

Other		-
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## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	As we move further away from the Covid19 pandemic, we are applying for and attracting further funding. We are also still in our infancy, yet growing rapidly, even if our finances don't reflect this due to our sponsorship and skills offered.
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A description of the principal risks facing the charity	Para 1.46	We continue to assess risk as we move further out of the pandemic.

Other		
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Charity name	It's OK To Say
Other name the charity uses	N/A
Registered charity number	1188134
Charity's principal address	58 St Peter's St, St Albans, AL1 3HG
Trustees	Our trustees remain the same and have been kept updated on our official file. We look forward to expanding our board of trustees now.

### Other optional information

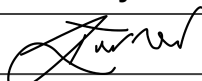

**We consider ourselves extremely lucky to have survived, as without skills offered and private investment, we would have gone under. We hope the 2024-2025 period will bring further success so we can continue helping more and more people. Since inception, we have helped over 80,000 people of all ages. Imagine what we could do with reoccurring funding streams.**

### Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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<b>Full name(s)</b>	Stacey Turner	
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<b>Position (eg Secretary, Chair, etc)</b>	Founding CEO	
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<b>Date</b>	03/02/23
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**IT'S OK TO SAY**

England & Wales - Charity number 1188134

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# Accounts

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

**From** 6th April 2021  
**Period end date**

**Period start date To** 5th April 2022

**Charity name:** It's OK To Say

**Charity registration number:** 1188134

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>Objects</b> To relieve the need of those suffering from or at risk of suffering from issues surrounding mental health through the provision of in particular but not exclusively support, workshops and a referral service.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	It's OK To Say has provided counselling, support groups, workshops and a referral service for public benefit.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm the trustees have had regard to the guidance issued.

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The main achievements of the charity since coming further out of the Covid19 pandemic are:</p> <ul style="list-style-type: none"> <li>-Building our online support network</li> <li>-Offering more online counselling and support.</li> <li>-Offering in person counselling &amp; referral services.</li> <li>-Sponsored workshops and support groups.</li> </ul> <p>The difference our achievements have made to the beneficiaries and the wider community is something we are extremely proud of, promoting greater wellbeing and relief from depression, anxiety and other mental health conditions.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	We have slowly started planning future events. This is an area that will grow as we continue to grow and progress and move away from the pandemic.
Investment performance against objectives	Para 1.41	N/A
Other		-

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	As we move further away from the Covid19 pandemic, we are applying for and trying to attract further funding. We are also still in our infancy, yet growing rapidly, even if our finances don't reflect this due to our sponsorship.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	None.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties to report, as we still consider ourselves to be in it's infancy and impacted by the Covid19 pandemic.

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	For this financial year, we have placed great importance on learning more about the charity sector following the pandemic and pivoting with this knowledge We have taken time to assess what our community wants from us, so we are not duplicating services. Our principal funding source has been private investment to enable the road forward.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We continue to assess risk as we move further out of the pandemic.
Other		

## Structure, Governance and Management

Description of charity's		It's OK To Say has no official trusts as yet.
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Our governing document has been adapted from the Charity Commissions official template. It is due for review in the next financial year.
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustee selection methods are balanced between skill and life experience. All prospective trustees are asked to submit an application, provide or apply for an enhanced DBS and be voted in by the existing board members confirming allegiance to It's OK To Say.

### Additional information (optional)

You may choose to include further statements where relevant about:

### Reference and Administrative details

Charity name	It's OK To Say
Other name the charity uses	N/A
Registered charity number	1188134
Charity's principal address	58 St Peter's St, St Albans, AL1 3HG
Trustees	Our trustees remain the same and have been kept updated on our official file. We look forward to expanding our board of trustees now.

### Other optional information

Due to the pandemic, we are reporting zero donations and grants.

### Declarations

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

Signature(s)



**Full name(s)** Stacey Turner

**Position (eg Secretary, Chair, etc)** Founding CEO

**Date** 13/02/23

## Income & Expenditure

	Month	<b>04/21</b>	<b>05/21</b>
	<b>Opening balance</b>	0	0
Revenue	Income 1 (Private investor)	531	531
	Income 2	0	0
	Income 3	0	0
	Income 4	0	0
	<b>Total</b>	<b>531</b>	<b>531</b>
Overheads	Rent	500	500
	Phones	0	0
	Tea and coffee	0	0
	Maintenance	0	0
	Office set up	0	0
	Counselling services	COMP	COMP
	Stationary	0	0
	Insurance	31	31
	Staff	0	0
	<b>Total Costs</b>	<b>531</b>	<b>531</b>
	<b>Closing Balance</b>	<b>0</b>	<b>0</b>

<b>06/21</b>	<b>07/21</b>	<b>08/21</b>	<b>09/21</b>	<b>10/21</b>	<b>11/21</b>	<b>12/21</b>	<b>01/22</b>
0	0	0	0	0	0	0	0
531	531	531	531	531	531	531	531
0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>
500	500	500	500	500	500	500	500
0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
COMP	COMP	COMP	COMP	COMP	COMP	COMP	COMP
0	0	0	0	0	0	0	0
31	31	31	31	31	31	31	31
0	0	0	0	0	0	0	0
<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>	<b>531</b>
<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

<b>02/22</b>	<b>03/22</b>	<b>04/22</b>	Total
0	0	0	0
531	531	531	6,372
0	0	0	0
0	0	0	0
0	0	0	0
<b>531</b>	<b>531</b>	<b>531</b>	<b>6,372</b>
500	500	500	6,500
0	0	0	0
0	0	0	0
0	0	0	0
0	0	0	0
COMP	COMP	COMP	0
0	0	0	0
31	31	31	375
0	0	0	0
<b>531</b>	<b>531</b>	<b>531</b>	<b>6,375</b>
<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

**IT'S OK TO SAY**

England & Wales - Charity number 1188134

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# Accounts

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Trustees Annual Report 24<sup>th</sup> Feb 2020 – 5<sup>th</sup> April 2021

### **Information About the Charity - About It's OK To Say**

Charity No. 1188134

Address: 58 St Peters St, St Albans, AL1 3HG

Phone: 01727 221145

Stacey Turner CEO: 07852214574

Email: [support@itsoktosay.org.uk](mailto:support@itsoktosay.org.uk)

<http://www.itsoktosay.org.uk/> (please note this is currently being updated with all our current services)

Social Media:

Facebook @ITSOKTOSAY

Instagram @its\_ok\_to\_say

Twitter @ItsOKToSayUK

It's OK To Say is an organisation committed to harnessing the power person to person support can have in bringing communities together and helping individuals flourish.

It's OK To Say is an inclusive, lead for change dynamic, strong and passionate driving force in mental health and beyond.

A mental health charity offering one to one, family and group therapeutic sessions with a professional clinician such as a clinical psychologist, counsellor, therapist, or other trained specialist widening the pathways of access in community psychology for children, young people, and adults. *We also offer support groups, workshops and more for complete well-being.*

We are a team of dedicated professionals offering face to face psychological support in our calm and safe sanctuary or and online, which in recent times has formed a large part of our services. We pride ourselves in helping remove stigmas by actively encouraging people to talk openly about mental health on a day-to-day basis and through various campaigns and projects. We feel it is important to keep reinforcing that it is 'OK to say', encouraging people to reach out for help – which is the life changing bit!

Our aim is to get people to where they need to be as quickly as possible for their personal circumstances which can be within 24-48 hours if critical. While we work in a preventative capacity, we have also responded to many crisis calls since our inception providing instant help where needed.

We've taken a holistic approach for complete well-being, which means a person or family may access more than one clinician during a 12-month period.

*Championed by many to include actor, Bob Golding – "Mind health is at the forefront of all our lives. Thankfully It's OK To Say is here to help us find the help we need to manage it and offer support. My favourite calming mantra is think, breathe, talk."*

### **How It's OK To Say is Run**

It's Ok To Say is run from our St Peters St office, which we newly set up in January this year, 2022. The newly acquired cost is £500 per month to include all utilities except a phone line.

The office is staffed by our Founding CEO/Trustee, Stacey Turner and admin support is rotated between a small group of volunteers.

We continue to volunteer onsite at Westminster Lodge and Oaklands College, as well as at other organisations who help us spread our messages, volunteer 1-1 and in keeping mental health at the forefront of people's minds.

When people reach out to us, we can match them with the support they require in person or online. That help may be with any of the clinicians registered with us in helping us provide support.

Post Covid and soon, we will start holding our support groups and workshops.

### **Activities and Achievements**

Sadly, the only activities we have been able to run started after April 2021 due to the Coronavirus pandemic.

### **Explanation of Numbers in Accounts**

Sadly, we were not able to operate until after April 2021 due to the Coronavirus pandemic. We received charity status just before going into the first lockdown impacting everything. We have received no funds from the public in this time, nor any grants or funds related to Covid. The work we did remotely was all purely volunteer.

Our next set of accounts will reflect the activity coming out of the last lockdown 2021.

A handwritten signature in black ink, appearing to be 'Stacey Turner', written in a cursive style.

